

Guidance for Schools: When to schedule indoor rather than outdoor activities based on the air quality in your communities.

Guidance

When the Air Quality Index (AQI) is 101-150:

Accommodate “sensitive students” to avoid outdoor physical activities

When the Air Quality Index (AQI) is 151-200:

Physical activities should be moved indoors for all students

“Sensitive students” may include those with:

significant or poorly controlled asthma, cystic fibrosis, chronic lung disease, congenital heart disease (requiring medications or having permanent effects), or compromised immune systems

Other Recommendations:

- Parents, with the advice of their health care provider, should inform their school if they believe their children are part of a “sensitive” group who should have limited outdoor physical activity when the air quality is poor. See the website (health.utah.gov/asthma) for a sample letter for parents.
- If possible, change the time of sports practices to match times of lower AQI levels (i.e. hold morning pre-season high school football practice, because ozone levels are often lower in the morning than the afternoon)
- Address local causes of air pollution (smoking, idling diesel buses, nearby highways, etc.)
- “Moving physical activities indoors” does not necessarily mean students cannot go outside (example: for a science project, etc.) The focus is to avoid strenuous or prolonged physical activity.

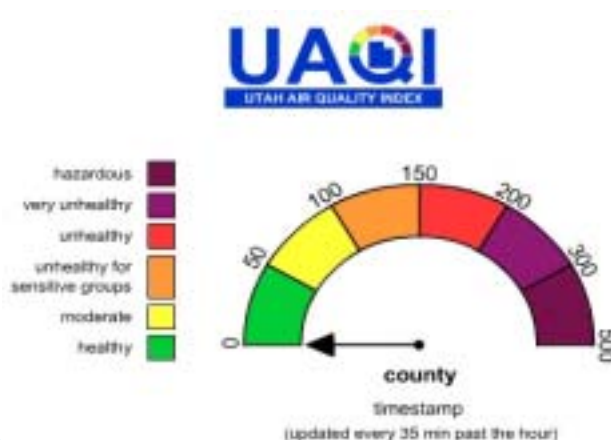
Air Quality Index (AQI)

What is it?

The AQI is an index for reporting daily air quality. It standardizes the levels of pollutants onto a scale from 0-500. It tells you how clean or polluted the air is, and what associated health effects might be a concern for you. The AQI colors are **not related** to the *Do Not Burn Days* colors.

How does it work?

The higher the AQI value, the greater the level of air pollution and the greater the health concern. When AQI values are above 100, air quality is considered to be unhealthy—at first for certain sensitive groups of people, then for everyone as AQI values get higher.



The AQI can be found at the following websites:
health.utah.gov/asthma or cleanair.utah.gov